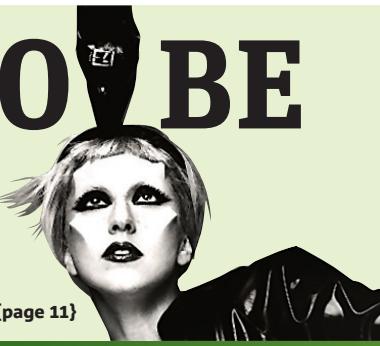


**JUST A MAN  
AND HIS PIGEONS**  
SPECIAL SHOWS IRON  
MIKE'S SOFT SIDE {page 13}



# BORN TO BE GOING GAGA AS METRO'S GUEST EDITOR {page 11}



EDMONTON

# metro

Thursday, April 7, 2011  
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► Teemu Hartikainen lifts Calgary Flame Cory Sarich off his skates during a disappointing night for the Oilers, who lost 6-1 in Calgary.

JEFF MCINTOSH/THE CANADIAN PRESS

## Oilers no match for Flames

# Stunt gone awry: Accused

- Twitchell admits to murder but claims it was in self-defence
- Tried to simulate crime in his film as viral promotional idea

An amateur filmmaker admitted yesterday he lured a total stranger to a garage, knifed him to death, cut up the body and dumped it down a sewer, but he said it was all done in self-defence when a movie publicity stunt went wrong.

"I started thinking to myself, 'How could I have been so stupid?' Mark Twitchell told jurors at his first-degree murder trial. "All the precautions I took, but you just can't predict human behaviour."

Twitchell, 31, is charged in the death of Johnny Altinger on Oct. 10, 2008. He has pleaded not guilty.

The Crown has argued that Twitchell lured Altinger to a residential garage that night and killed and dismembered him to match a movie shot in the same garage by Twitchell and his buddies two weeks earlier.

The Crown has also entered into evidence a text document found deleted on Twitchell's laptop hard-drive that details an unnamed

author's plan to explore his "dark side" and become a serial killer.

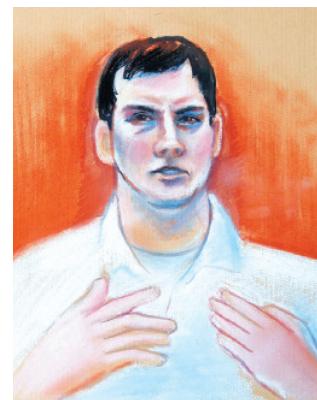
Twitchell said the garage movie, called House of Cards, gave him the idea that eventually got out of hand.

The eight-minute slasher flick revolves around a philandering husband who goes to meet a woman he met online. But he is instead Tasered and abducted by a mysterious man in a hockey mask.

The killer takes the husband to a closed room, tapes him to a chair and obtains his computer passcode to clean out his bank account. He tells the victim he is being killed for his cheating ways, runs him through with a samurai sword and hacks up the body parts.

Twitchell told jurors that after the movie was shot he came up with a plan to make sequels for House of Cards and to create a buzz around what he hoped would be a franchise.

THE CANADIAN PRESS



**"It was the sickest feeling ever. It all happened so fast. I saw (the blade) sticking out of him."**

FILMMAKER MARK TWITCHELL

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# Downtown arena clears major hurdle

► Council votes 10-3 in favour of project ► Mayor will ask province, others for remaining \$100 million

Of the money generated by a downtown community revitalization levy, only \$20 million will be used for the downtown arena while the rest will support the whole of downtown.

City council agreed yesterday to negotiate with the Katz Group the financial framework for a downtown arena under a number of conditions.

"At the end of the day, these are what our terms are," said Mayor Stephen Mandel. "Those who use that facility must pay for it. This takes the pressure off the CRL. We're using money already allocated (with) no impact on taxes."

Conditions include getting confirmation on Oilers owner Daryl Katz's \$100 million and contributing \$20 million from

## More conditions

- A maximum price of \$450 million.
- The city capping its contribution at \$125 million.
- A 30-year location agreement with the Oilers.
- An exploration into naming rights and an opportunity for shared revenue.

the CRL, \$125 million from the ticket tax and \$105 million from either new revenue generated by the arena, anticipated parking revenue or savings from not having to pay a current subsidy to Northlands.

The vote was 10-3 with councillors Don Iveson, Tony Caterina and Linda Sloan not in favour.

● HEATHER MCINTYRE



## Parts hold up water repair

Barricades still block the road near 108 Avenue and 109 Street, due to a water main break back in February.

Tim LeRiche of EPCOR said that repairs are taking longer than most because

some necessary parts need to be made instead of ordered.

"We are working with the city to get at least part of the road open as soon as we can," said LeRiche.

● ALISON BAIRD



## News in brief

### Council says yes to new hires

TRANSIT. Ten more transit peace officers will be hired, trained and

equipped by this summer.

Council approved yesterday the \$1 million needed to increase manpower to 61 officers.

Last year officers handled 26,673 security events, nearly double the year before.

● METRO

# 1

news



On the web at metronews.ca



The greenhouse roof of a Montreal office building is a new home for farm-fresh vegetables. Video at metronews.ca.

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## SASKATCHEWAN

**Province lands STARS**

Emergency medical helicopters will soon be taking off in Saskatchewan.

The province has signed a 10-year agreement with Alberta-based Shock Trauma Air Rescue Society (STARS).

STARS founder Dr. Gregory Powell says it

will take a year to build facilities, train crews and buy choppers.

A helicopter will cover southern Saskatchewan out of Regina next spring and one in Saskatoon will cover central and northern areas later.

Operation costs will be just over \$20 million a year.

The province is putting up \$10 million while fundraising and community or corporate contributions will fund the rest.

THE CANADIAN PRESS

**Concordia team being put on ice**

Concordia University College announced yesterday that their men's ice hockey team is being terminated for financial reasons.

"We are facing a major deficit this year," explained president Dr. Gerald Krispin. "We aren't able to get our deficit down to a manageable level so we've had to look for further cuts."

The hockey team is the most expensive team to run, with a price tag around \$210,000 per season. Tuition only covers a portion of that cost.

A number of players on the team will now lose

**19** Number of years the men's hockey team has been at Concordia University College.

their scholarships and will not be able to continue their education at the university unless tuition is found another way.

"This was a very quick decision because we wanted to give these students the time to find alternative places to play," said Krispin.

The university will be recovering \$100,000 by not having a hockey team next year.

• ALISON BAIRD

**Cache-ing in on life experience**

► Helen, a client of Boyle Street and Mustard Seed volunteer, shows the items in her cache, including a cross, notebook, Mustard Seed sketch and her story.

**Helen's story**

Helen now volunteers at the Mustard Seed twice weekly, so a

sketch of the building and a cross like one given to clients there, plus a notebook, a U of A pin, and her story were "cache" items she selected.

• SHELLEY WILLIAMSON

► Hide and seek goes high-tech on downtown city streets

 **SHELLEY WILLIAMSON**  
@METRONEWS.CA

In a venture with the University of Alberta, clients at Boyle Street Community Services got to "cache in" on their street smarts yesterday as they searched the inner city by GPS.

Co-ordinator Joanne Muzak said the Humanities 101 course runs through Boyle Street's Learning Centre Literacy Association, reaching back three years, and is designed to give those with socio-economic barriers to education a chance at higher learning.

Participants in a two-hour geocache hunt are students in the 10-week course, who combed downtown using GPS for "caches" placed last week, all with ties to their personal stories and the city.

"The geocaches tell their stories and how they have kind of negotiated Edmonton, and now they're on the upswing," said Muzak, adding the course runs

**Humanities**

► The course is run through the U of A's Community Service Learning Program with the goal of strengthening partnerships with the city.

► Most items in yesterday's geocache hunt will stay in place for others to find via GPS, while some, given permission to "travel," will move on to events around the world.

twice a year through Wings of Providence and Boyle Street.

One participant, who asked her name be withheld, came to the centre four years ago looking for drugs. Now clean two years, she joked she no longer fit in. Her cache speaks to former addiction — a broken lighter, "travel bug," and a flash drive containing her story — the latter which she hopes will take a trip around the world since she can't, thanks to a drug-ridden past.

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## Museum eyes aviation training

- NAIT board voted in February to suspend seven programs
- Museum currently offers K-12 program to encourage aviation careers

As a resource of historical knowledge, the Alberta Aviation Museum wants to offer something more for the future.

The museum has ap-

proached Aviation Alberta and other industry associations about trade training.

"We've been looking at it for a very long time," said executive director Thomas

Hinderks. "We happen to have the bulk of the equipment and the expertise."

The museum is looking beyond two suspended NAIT programs (aircraft

skin and studies and avionics engineering technology) to flight simulation and aircraft maintenance engineering.

● HEATHER MCINTYRE



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## Parking shortage blamed on students

Residents and Spruce Avenue Community League members are trying to curb their anger despite a neighbourhood parking shortage they say is caused by NAIT students.

Ken Johnston, president of the SACL, said he's tired of staking claim on a parking spot before dawn and hopes solutions come from a meeting with bylaw enforcement on May 3.

"If I don't park my vehicle between 10 (p.m.) and 6 a.m., I can't park at all," said Johnston.

One-hour parking and resident-only parking are options the league will suggest to the city.

Another solution may come on City Centre Airport grounds, which will house the Indy track this

**2** The parking limit on streets near NAIT is two hours.

summer but could free up space for 1,000 cars to park after the July race.

Johnston admits the future NAIT LRT line will provide relief but not for a few years, and suggests the school offers more transit to students or reduce parking rates at NAIT.

Josh Puchailo, city parking enforcement co-ordinator, said enforcement has been ramped up in the area but students for the most part are not breaking the law.

"We do not see a lot of tickets because vehicles relocate every two hours, and that's within the bylaws," he said. ● SHELLEY WILLIAMSON

## Doctor testifies at murder trial of foster mom

Dr. Kan Lee testified at the second-degree murder trial of foster mother Lily Choy yesterday.

Choy has been accused of killing a three-year-old boy under her care in 2007.

Lee told the court that during an examination of the boy, he found bruises on the body. The doctor also testified that Choy told him the marks might have come from the boy's biological father.

The boy, who cannot be named, died Jan. 27, 2007, after efforts to control the swelling in his brain failed.

## News in brief

### Water service restored

NISKU. Southeast Nisku residents, in the Vista subdivision, now have water service restored, along with 80 per cent of Nisku Business Park, after a water main break last Saturday. Residents are still advised to boil water. ● METRO

### Man's death still a mystery

THAILAND. After an "exhaustive investigation," the World Health Organization hasn't been able to find a connection between the death of Edmontonian Bill Mah, 59, in Thailand and other deaths in the area. ● METRO

● METRO

# Leaders take heat

► Ignatieff dumps candidate after remark ► Tories grilled over ejections



A Liberal candidate who once described aborigines as "featherheads" and questioned their work ethic was dumped yesterday.

The Liberals jettisoned Andre Forbes, a candidate in a Quebec riding where they placed a distant third in the last election.

Forbes got the boot after leader Michael Ignatieff was questioned about the candidate's previous role as founder of a group called the Association for the Rights of Whites.

"The reported remarks of this candidate are utterly unacceptable," Ignatieff said. "They do not reflect Liberal values."

Forbes is also a member

**"Mr. Forbes' comments have no place within the Liberal party."**

MICHAEL IGNATIEFF

of Metis Côte-Nord, which denounced "special treatment" for minorities.

Meanwhile, Prime Minister Stephen Harper took heat for his own party's ejection tactics.

For a third day, he was questioned about why people with links to the Liberals or NDP are being kicked out of his events.

His reply: Because the rooms are too crowded.

"Far more people come out to hear us than the other guys have," Harper said in Markham, Ont., a vital battleground.

THE CANADIAN PRESS



HANDOUT/THE CANADIAN PRESS

TV DEBATES

## 12-minute bout for Ignatieff

Michael Ignatieff will get the one-on-one showdown he wants with Stephen Harper — sort of.

Iggy will face off against the prime minister for a total of 12 minutes in next week's

nationally televised campaign debates.

All four leaders will get face time with each of their opponents during Tuesday's English debate and the April 14 French debate — both of which are returning to a more traditional format.

Gone is the round table from the 2008 debates that was supposed to liven up the discussion. The lecterns are back.

THE CANADIAN PRESS

## Nelly's tweets have voters all a-Twitter

Nelly Furtado has launched a Twitter campaign to encourage young people to vote in the federal election.

The 32-year-old Victoria songstress has tweeted about almost nothing else in the past week.

She has dished out tips to students who will be

voting outside their riding, linked out-of-country citizens to forms on the Elections Canada website and has reminded her nearly two million followers about non-democratic countries where citizens aren't allowed to vote.

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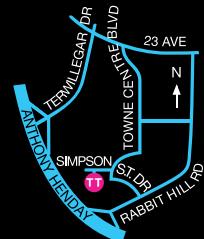
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# **Party stripes will not matter at rallies: May**

► Green party leader says Canadians are angry about the consortium's decision to hold her out of debates



It doesn't matter if you bleed green, Tory blue, Liberal red or NDP orange. Elizabeth May wants everyone to come out in what she calls supporting democracy.

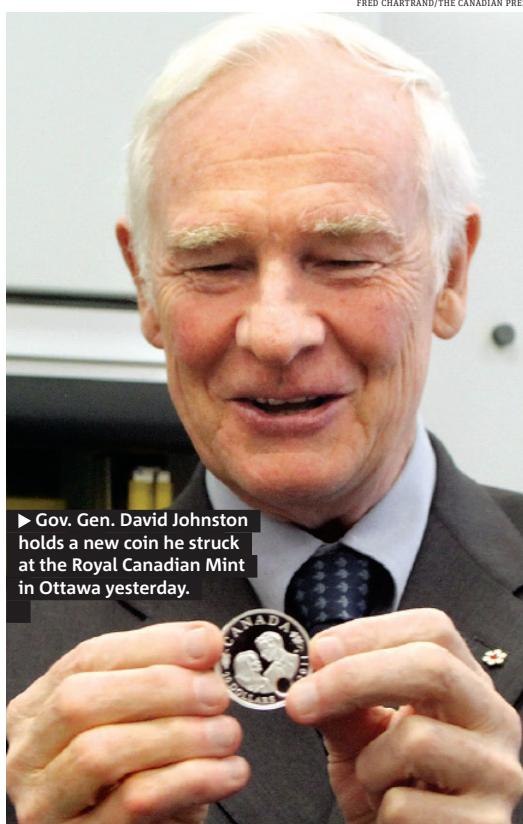
The federal Green party leader is holding five "rallies for democracy" across the country over the next five days. This, she said, after all efforts to be included in next week's two



national leaders' debates came up short.

May is hoping to raise Green party support at the rallies, but also said yesterday people of all political parties and backgrounds are welcome to come talk about what really matters to Canadians.

"I'd love to see all people come — see NDP and Liberal and even Conservative candidates if they feel like coming," she said in a phone interview yesterday. "We'll give them the microphone. This is about democracy."



► Gov. Gen. David Johnston holds a new coin he struck at the Royal Canadian Mint in Ottawa yesterday.

## New coins salute royal wedding

The Royal Canadian Mint has unveiled a pair of collector coins commemorating the wedding of Prince William and Kate Middleton.

The two coins marking the planned April 29 royal nuptials — a \$20 silver coin and a 25-cent piece — go on sale April 18 and May 2 respectively, but the mint is taking orders now.

The design of the \$20 coin, created by portrait artist Laurie McGaw of Guelph, Ont., includes a sapphire-coloured crystal embedded within, reminiscent of the 18-carat engagement ring worn by Kate.

The nickel-plated 25-cent piece — which will cost \$25.95 — has a coloured photo reproduction of the royal couple based on a photograph taken at the 2008 wedding of a friend in Austria.

OF A FRIEND IN AU  
THE CANADIAN PRESS



► A soldier loyal to Alassane Ouattara wears an antique gas mask as he waits to deploy with other soldiers at one of the entrances to Abidjan, Ivory Coast, yesterday.

# Gbagbo under fire

► Ivory Coast strongman holed up as fighting rages on his doorstep

Heavy-arms fire rang out yesterday near the home of the Ivory Coast's强man, who remained holed up in a subterranean bunker, as forces backing his rival assaulted the residence to try to force him out, diplomats and witnesses said.

Forces protecting Laurent Gbagbo appeared to rally last night, pushing back the armed group

fighting to install democratically elected President Alassane Ouattara.

A spokesman for Ouattara's fighters, Yves Doumbia, said their forces breached the gates of the ruler's compound, only to be repelled by arms fire.

"We retreated but we are preparing for a second assault," Doumbia said by telephone.

Gbagbo has suffered de-

bilitating losses in the past two days. United Nations Mi-24 helicopters attacked and destroyed his arms depots on Monday. On Tuesday, his soldiers were seen abandoning their posts across the city, some rushing inside a church to tear off their uniforms and dump their weapons before discreetly exiting in civilian clothes.

THE ASSOCIATED PRESS

## Political rivals

The 65-year-old Laurent Gbagbo, an ex-professor, appears to have calculated his rival's weakness.

► Alassane Ouattara knows he needs to take Gbagbo alive in order to avoid further alienating the 46 per cent of the electorate that voted for Gbagbo.

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## CORPORATE TAX CUTS

**Take the money and run?**

Companies that reaped the most benefit from a massive tax reduction over the past decade underperformed on job creation, the Canadian Centre for Policy Alternatives says. The finding appears to undermine the Conservative government's rationale for pressing ahead on corporate tax cuts.

The Ottawa think-tank tracked the job-creation record of 198 of Canada's leading companies from 2000 to 2009.

**During that period they reported a 50 per cent increase in profits and paid 20 per cent less in taxes.**

But from 2005 to 2010, those companies grew their employment by five per cent, less than the six per cent average for the entire economy.

Private sector economists argue that, once other factors are eliminated, reducing corporate taxes makes Canadian firms more competitive, resulting in greater investment and jobs. But that theory doesn't seem to be working in Canada, says the CCPA's David Macdonald. He says the companies studied mostly pocketed the cash.

THE CANADIAN PRESS

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# Joltin' joe: \$1.57 for a large from Tim's?



CHRIS YOUNG/THE CANADIAN PRESS

► Heavy rains in major grower Colombia have created a breeding ground for a fungus that attacks coffee plants. That, and growing demand, has caused world stockpiles to dwindle and chains such as Tim Hortons to raise prices.

## ► Failing crops, dwindling supplies drive restaurant prices higher

As higher prices percolate at the country's largest coffee chain, Canadians should brace themselves to pay more for restaurant meals as well, experts say.

Tim Hortons customers will pay seven cents more for a large cup of coffee starting Monday. With the price of wheat rising 68.4 per cent over the past year, Tim's is also raising the cost of some baked goods, a spokesman said.

Tim Hortons' 4.5 per cent coffee-price increase is in line with predictions that suggest a five to seven per cent increase in the price of food by the end of the year, said Adrienne Warren, senior economist at Scotiabank.

The price of coffee, cocoa, wheat, sugar, beef and other commodities started rising about nine months ago, and it takes about that long for costs to work their way down to consumer wallets, she said.

"Once the costs increase at the wholesale and grocery-store level, you can expect some to pass through to restaurants as well," she said.

Some major Canadian food manufacturers are also charging more. Maple Leaf Foods raised its bakery prices by 20 cents per unit at the end of last month, and breadmaker George Weston Ltd. is charging five per cent more for its products. THE CANADIAN PRESS

## Loonie wobbles amid European debt crisis

The Canadian dollar closed higher yesterday but well off early peaks as the European debt crisis took a new turn.

The loonie was up 0.37 of a cent at 104.12 cents US after surging to 104.5 cents US, its highest level since November 2007 as the U.S. dollar weakened.

The European debt crisis was sharply in focus late in the afternoon after Portugal's prime minister said his country will ask for a bailout because of its high

debts and difficulty raising money on international markets.

Portugal becomes the third financially troubled eurozone country, after Greece and Ireland, to request assistance from Europe and the International Monetary Fund. Analysts expect Portugal will need up to 80 billion euros (\$114.4 billion US).

At home, the news is brighter as traders look ahead to solid Canadian employment numbers at

the end of the week. Statistics Canada is expected to report tomorrow that the economy added about 30,000 jobs last month. That data could further strengthen the currency.

THE CANADIAN PRESS

### Market moment

TSX	Dollar	Oil	Natural gas
- 67.88 (14,202.65)	+ 0.37¢ (104.12¢ US)	+ 49¢ US (\$108.83 US)	\$1,459.10 US (+ \$6 US)

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**He says ...****JOHN MAZEROLLE**

## FIGHTING THE GOOD FIGHT

**Because your partner is so often wrong, conflicts are a normal part of any relationship.**

If you never argue, your relationship may have fundamental problems — such as an imaginary partner constructed from the shattered pieces of your psyche. Or a dead partner who, to you, just looks a little blue. Nobody wants to argue. But it's inevitable. Observe two typical arguments that come up between every couple.

Problem No. 1: She is upset because he left the toilet seat up, causing her to extend her arms for a moment to put the lid down. He counters that she leaves the lid down all the time, reducing his target area, then complains when his aim falters.

Problem No. 2: He is upset because he wants to see the action flick Terminal Explosion 2 while she wants to see Love In The Time of Whooping Cough. They compromise by seeing Last Airbender 2: The Second-Last Airbender and both go home miserable.

As you can see, the only possible solution is a good argument. That's why I have prepared the following guide for fighting the good fight. You're welcome.

**Know your place:** Sometimes it's best to hold your fire, even when you are right. For instance, never say, "That is the ugliest wedding dress I've ever seen" unless you are well in front of the congregation.

**Take timeouts:** This allows your partner to think about just how wrong they are. Then, when they have relaxed, you pounce.

**Use laughter:** Make light of your partner's clothing, hair or speech impediment to defuse the tension, then watch the love grow.

**Avoid broad statements:** Never use broad, sweeping statements like, "I hope you burn in hell!" Instead, try more specific, realistic statements like, "It is my great wish that you will spend the rest of your life in a Saudi prison." From here, the healing can begin.

**Yell:** Screaming at the top of your lungs is a way of letting your neighbours know that you are so confident in a particular argument that you are willing to share its finer points with the entire neighbourhood, that they might scrutinize them.

**Practise:** You will never get good at bickering unless you do it every day.

**Be prepared:** If it's the male causing the problems, then couples may want to reduce the chance of injuries by purchasing a Nerf-brand Throwing Shoe.

And that's my advice. The only other tip I might give is never go to sleep angry. Every satisfactory argument should have a proper ending, much like a proper newspaper column.

So there.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)

# Lady Gaga to guest edit Metro May 17 editions

International pop superstar Lady Gaga will be Global Guest Editor-in-Chief for all May 17 editions of Metro ahead of her highly anticipated Born This Way worldwide album release May 23.

In her role as Global Guest Editor-in-Chief, Lady Gaga will highlight issues surrounding equality and individuality, select stories and provide her comments on the breaking news of

the day.

Lady Gaga will edit Metro's editions in 20 countries from the London office of Metro World News, Metro's central news desk.

As part of the Global Guest Editorship, Metro will also run a competition where one lucky reader — from one Metro country — will be chosen to serve as Lady Gaga's editorial assistant in London.

### Contest

► Stay tuned to Metro and [metronews.ca](http://metronews.ca) for more details on how to enter the contest and for exciting exclusives from Gaga.

The contest is open to Metro readers and Gaga fans around the world, and will challenge entrants to share what makes them

Born This Way, and to identify what issues of equality affect them.

"Let's see how fans would define what Born This Way is for them," Lady Gaga said. "I say I was born to be brave."

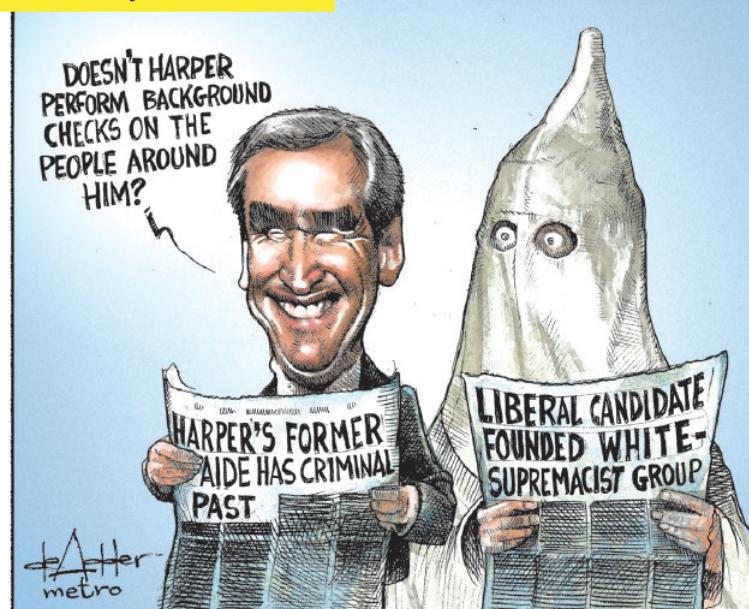
"That's part of my mission in life. I was born to follow my artistic visions. Look into yourself. Are you born to be brave?"

● METRO

### Local tweets

- @CanadianDijon: On the same day that the arena is decided and Twitchell testifies, there's a giant Jenga game in Churchill Square. #yeg #thesear-allthings
- @oiler\_country: The last civic election we all knew Mandel was for a downtown arena, it's not like it was a big secret. Now voters remorse? #yeg #yegarena
- @TeaganGahler: People: Stop complaining about gas if you own a vehicle and like driving you need to buy it. It is a choice not an obligation. #yeg
- @rmcmann: How does #YEG get up in arms over losing the Grand Prix a few months ago, pays to save it, but can't agree on the #YEGarena?
- @ScottFralick: #yeg council learns hockey is played in the winter. This may not be shocking news to anyone in Edmonton, but it made the mayor chuckle
- @Xtrmemom: I love that almost all the snow from my front yard is just about gone!! #yeg
- @Catrocc: Mayor saying we are a 2nd rate city without the #yegarena. This, coming from a 3rd rate Mayor. How ironic! #yegcc #yeg

### Cartoon by Michael De Adder



#ELXN41: BE HEARD

## Your chance to be heard this election

At Metro, we think conversations about the future of our cities are important.

Because of this, we would like the leaders of the federal parties to tell us about their vision for cities and the role they think cities play within the federation.

Here's the plan: We're inviting the leaders of the five major national parties — Stephen Harper, Michael

Ignatieff, Jack Layton, Elizabeth May and Gilles Duceppe — to respond to questions about urban issues.

Want to join the conversation? Send us your questions on Twitter (@metroedmonton), Facebook ([facebook.com/metroedmonton](http://facebook.com/metroedmonton)) or at [metronews.ca/beheard](http://metronews.ca/beheard).

We will send a selection of your questions to each party leader and print their responses in Metro on Wednesday, April 20.

On April 21, our urban affairs team will host an online chat about the responses, and the impact they could have on city life — and we would like you to join us for that, too.

CHARLOTTE EMPEY  
EDITOR-IN-CHIEF



## Scene in brief



James Franco has yet another new undertaking: employee of *The Colbert Report*. The actor appeared on the Comedy Central program Tuesday and said he wanted to work for host Stephen Colbert.

**THE ASSOCIATED PRESS**

# See the best art in Edmonton

► Stick it to Mother Nature with the spring Gallery Walk ► A dozen of Edmonton art galleries open their doors for free on April 16 and 17

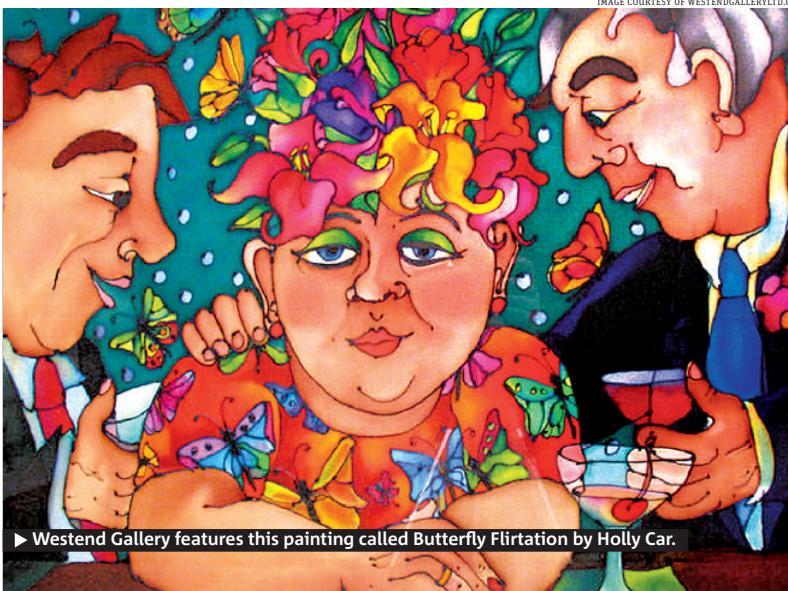
## BACKSTAGE PASS

JENNIFER LARAWAY  
METRO EDMONTON



Throwing caution and groundhog predictions to the wind, Gallery Walk Association of Edmonton is boldly putting on the much anticipated Gallery Walk. 12 blocks, seven galleries, one jam packed day of art and entertainment. Each of the galleries put on an exhibit just for the occasion. You'll see everything from contemporary art and interactive pieces to printmaking and sculptures.

Some of the venues are new to the scene while others have been around the proverbial block. The Peter Robertson Gallery (12304 Jasper Ave.) is a recent addition to the walk and only just set up shop on Jasper Avenue in late 2007. The contemporary gallery showcases a roster of over 40 Canadian artists. The space itself is absolutely stunning — an art piece in its own right.



► Westend Gallery features this painting called *Butterfly Flirtation* by Holly Car.

Then there are the classics: Bearclaw Gallery (10403 - 124 St.), the Westend Gallery (12308 Jasper Ave.), and the Agnes Bugera Gallery (12310 Jasper Ave.) have all been around since 1975. Anges Bugera and Bearclaw both feature amazing Aboriginal Art, whereas the Westend Gallery focuses on Canadian paintings and one-of-a-

kind sculptures.

What I really like about the art tour is the gallery staff make you feel incredibly welcome. You don't need to have an art history major or be in the market for a five-figure irreplaceable piece for them to take you seriously. They are more than happy to answer questions or show you around the gallery.

Tours run Saturday, April 16 from 10 a.m. to 5 p.m. and Sunday, April 17, Noon to 4 p.m. Start at any participating gallery (details on [gallery-walk.com](http://gallery-walk.com)) and go from there. The tours are unguided but they are also free. That's right, a dozen galleries to peruse and it won't cost you a dime; although, a donation is definitely appreciated.

## Fashion show has big shoes to fill

Just this last fall, they raised over \$12,000 for the Stollery Children's Hospital and now they are looking to raise the bar even higher. Joining forces with some of the trendiest hot spots in e-town including Phoenix Spa Renewal and D'Lish Urban Kitchen, My Philosophy is putting on one heck of a fashion show. Local designer/fashion god Joeffer Caoc is showcasing his must-have spring collection at Latitude 53 (10248 - 106 St.) tomorrow.

The evening kicks off with cocktails at 7 p.m. followed by an exclusive Joeffer Caoc fashion show at 8 p.m. Trust me, you will definitely want to try and crash front row for this one. On top of sinful sips and designer duds, there is a chance to win \$1,000 shopping spree from My Philosophy, which sells a mix of affordable clothes and investment pieces in two Edmonton locations.

Tickets to tomorrow's show are just \$100 with proceeds going to the Stollery Children's Hospital. Proceeds from the live and silent auctions will also be donated. Last season, tickets sold out quickly so to get yours, visit or call one of the locations: Whyte Avenue (10744 - 82 Ave.) 780-432-8001 or Crestwood (9674 - 142 St.) 780-488-2334.

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► Former boxer Mike Tyson with an unlikely friend.

# An amazing connection of man and bird

► Brooklyn bullies first introduced Mike Tyson to pigeons ► He's been in love ever since

A fancy for pigeons has made former heavyweight boxing champion Mike Tyson the baddest man on Animal Planet.

The ex-fighter with the nasty past and fearsome tattoo is the star of the six-part series Taking On Tyson that documents his life-long relationship with the most urban of birds and his passion for pigeon racing.

His love affair with the birds goes back to his childhood in a rough section of Brooklyn, N.Y., where he was picked on by other boys for wearing glasses and being overweight.

"One day I was walking around school and three or four guys approached me," Tyson recalled this week. "They started checking my pockets, asking for money and then they asked me: 'Do you want to fly with us?'"

"This was pigeon terminology I didn't know. I said OK because I didn't want them to think I was scared."

## Pigeon passion

Taking on Tyson debuts in Canada on Thursday night at 9 p.m. ET on Animal Planet.

► It takes Tyson back to his old haunts, including the roof of the building next to the New Jersey boxing gym where he once trained, and where he and some friends have kept pigeons since his fighting days.

The bullies sent Tyson from roof to roof, scaring pigeons back to their roosts, and doing other chores for an afternoon, then sent him on his way. They were surprised to see Tyson back again the next day, volunteering for more.

"That's how I started flying pigeons," he said. He once said his first fight was with a boy who killed one of his pigeons.

A troubled youth and fre-

quent arrests led Tyson to a reform school in upstate New York, where a coach placed him under the wing of legendary fight trainer Cus d'Amato. The rest was history.

Tyson became known as Iron Mike and The Baddest Man On The Planet as the muscular five-foot-10 heavyweight pounded opponent after opponent.

Tyson's life later began to unravel, as his conditioning and behaviour slipped after d'Amato's death. In 1991, he was sentenced to six years in jail for rape, serving three years. He retired from the ring in 2006.

Tyson calls pigeons "the first animal I ever connected with."

"How many people can get a job doing something they loved to do since they were a little kid?" he asked. "People all over the world are going to see it and it's going to broaden people's understanding of pigeons."

THE CANADIAN PRESS

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# IMAX goes wild – in 3-D

► IMAX Director David Lickley takes viewers to Borneo and the Savannah

**PHIL BROWN**  
SCENE@METRONEWS.CA

Born To Be Wild 3D is the latest IMAX wildlife documentary that uses the im-

mersive medium to transport audiences into the wonders of nature.

In this case, the focus is on the remarkable efforts of Dr. Birute Mary Galdikas, who saves and

raises orphaned orangutans in the rainforests of Borneo, and Dr. Dame Daphne Sheldrick, who provides the same service for orphaned elephants in the Kenyan Savannah.

Veteran IMAX director David Lickley says he was attracted to the project because "these two women are absolutely amazing and the animals are fascinating, intelligent and pas-



► Watch these orphaned elephants get a new lease on life in Born to be Wild.

sionate. The stories of both the humans and the animals they rescue needed to be told."

Lickley described transporting his crew to the remote filming locations as "a logistical nightmare. We had 30,000 pounds of equipment that we had to take deep into the desert and rain forest."

The physical challenges of the project were immense, but aided by new technology created specifically for the movie.

"We built and pioneered a new 3-D IMAX camera that's digital with no film involved. It has the same IMAX quality, but also the

lightness and quietness of digital photography. We could put the camera on a crane and go up 20 meters in the air in the rainforest. Things that had never been done before and allowed for an all new level of audience immersion."

The results speak for themselves. Lickley created grand sweeping imagery that pulls the audience into the vast wilds of the Savannah desert and Borneo rainforest. On a technical level, the film is remarkable, but it's also a project that the director hopes will inspire a conservationist passion in his audience.



► Christian Bale is shown as Batman in a scene from The Dark Knight.

## Knight rises again

Criminals beware: Batman will be on the beat this summer in Pittsburgh.

Film director Christopher Nolan, who has helmed the two previous Batman films — starring Christian Bale as the caped crime fighter and his alter ego, Bruce Wayne — said Tuesday the Pennsylvania city will host filming for a third film for at least a month.

"Pittsburgh is a beautiful city. We have been able to find everything we were looking for here and I am excited to spend the summer in Pittsburgh with our final installment of Batman," he said in a statement, adding that he finally settled on the city

because of its architecture and diverse sampling of locations.

Mayor Luke Ravenstahl said the decision was "another example of the growing film industry in our community and we will be rolling out the red carpet for them."

The city is no stranger to film productions, having been the location for more than 100 film and television products since 1990, including I Am Number Four and Kevin Smith's Zack & Miri Make A Porno.

The Dark Knight Rises, is scheduled to be released in July 2012, and stars Bale, Gary Oldman, and Anne Hathaway as Catwoman.

THE ASSOCIATED PRESS

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► Lindsay Lohan

## Lohan to play Manson victim?

There's at least one person in Hollywood who's eager to work with Lindsay Lohan: Her friend and photographer Tyler Shields, who is planning a movie about Charles Manson. Shields says he's eyeing Lohan to play Sharon Tate, the victim of Manson's crazed followers. "Sharon Tate was a movie star. So I want [an actress who] you

already have a back story with. People have a back-story with someone like Lindsay," Shields, who plans on playing Manson himself, tells Entertainment Weekly. "I'm just going to be directing people to do the craziest s---they've ever done. I want this to really hit people in a really specific place."

● METRO

### Celebrity tweets



"Cool it, honeybadgers. We are just friends and have been for years."



@oliviawilde

@charliesheen



"Dear Miley, Welcome back to Twitter! Always felt you were epic... Now you proved it! Thanks for the love!"



"Just found out I'm being followed by @charlie sheen. Not just on twitter, I think he's outside."



@SarahKSilverman  
"If you don't have enough regret in your life, try cutting bangs."

## Pregnant Mariah poses topless

Mariah Carey is just weeks away from giving birth to twins, and she decided to show the world by posing topless for Life & Style Weekly. "I didn't want to miss this opportunity to document this once-in-a-lifetime experience," Carey tells the magazine.

"We didn't start shooting until 1:30 a.m. because I was in the hospital from the night before until the day of the shoot with contractions five minutes apart."

● METRO



► Jennifer Aniston

## Aniston has proposition for George Clooney

Jennifer Aniston is getting fed up with speculation about her love life, but she may have finally found a way to put an end to all of it: enlist Hollywood's other most famous unmarried star, George Clooney. "That would definitely shut up the world," she jokes to Red magazine. "I could call up George, say, 'Hun, let's just get hitched and have kids.' I should take George to lunch and we can figure out how to put an end to all this."

● METRO

## Angie and Brad: It must really be love

► Actress shows commitment in her usual form ► Means she's ready to settle down?

Angelina Jolie sparked new adoption speculation when she showed up in Tunisia with a new set of map coordinates tattooed on her arm.

The actress already has the coordinates for the birthplaces of her six adopted children, so a new set might suggest a new addition to the family, right? Wrong. Sources

tell In Touch the coordinates are actually for partner Brad Pitt's birthplace in Oklahoma.

"She got the seventh line right around the time she and Brad moved the kids back to LA," a source says. "Angelina has finally agreed to Brad's long-standing request to settle down."

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► Brad Pitt and Angelina Jolie

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Bobbi Brown's latest, Extra Repair, moisturizes, reduces lines and evens out skin tone with a formula that includes glycerin, vitamin E and evening primrose oil. It's so hydrating that depending on your skin type, you can skip your daily moisturizer when you wear it. **KENYA HUNT**

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Princess Diana's famous dresses to hit the auction block in Toronto.

# How to pull off neon at work

► Day-Glo colours look great on the runway ► But in your little cubicle at work? ► We road test the season's eye-popping brights

**KENYA  
HUNT**

METRO WORLD NEWS

If you're like me, Day-Glo colours conjure up images of a mixture of things — none of them particularly good. Think the synthetic hair on My Little Pony dolls, George Michael's short shorts in old Wham! videos, flickering Bud Light signs at gas stations and American Apparel leggings.

But in fashion, these cornea-popping brights couldn't be more "haute" courant. Think Christopher Kane's sublime laser cut leather and lace skirts in hot pink, Miu Miu's silk pleated dress in fluorescent yellow, or Jill Sanders bold florals. Blame them for all the candy colours you've

**Wearing it**


► Yours truly, testing out the Small Doses Approach in the office. Suno blouse and dress, [sunony.com](http://sunony.com)

**"The challenge:  
wearing brights in a  
way that looks chic  
and not MTV circa  
1983."**

been seeing in Zara, Topshop, H&M and the like. The challenge: wearing brights in a way that looks chic and not MTV circa 1983. You're not going to an awesome '80s theme party, after all.

Right about now, you may be imagining your boss balking at the sight of a dress in go-to-hell yellow,

a flagrant rebellion against the navy, black and tan of nine-to-five world. Or someone on the train mistaking your neon orange blazer for a safety vest. Don't think about that.

This look can work in the office. There are several foolproof routes you can take. 1) The Small Doses Approach, in which you use neon as a pop of contrast against an otherwise sensibly coloured look. It could be as simple as a neon pink collar poking out from underneath the neckline of a respectable gray sweater, a fluo green belt cinching a nude coloured dress or a

brazenly bright orange manicure. And then there's option 2) The Whole Hog Method, in which you take a series of separates in different bold hues (a green pencil skirt, blue button down and yellow trench coat, for instance) and wear them all at once — fashion types like to call it colour-blocking.

I've tried both at work and managed to even get a compliment from our hard-bitten news editor who rarely misses an opportunity to make fun of my fashion-loving ways. Nevermind that he followed the nice words up with this gem:

## POP GOES THE COLOUR

**MIU MIU**

shoulder bag

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"It's great and versatile. You can use it for cycling at night."

But even if he did crack wise, no worries. The most important rule when it comes to wearing a bold colour is to accessorize the look with your attitude. It's less about what others think of you in the outfit, and more about how you feel wearing it.

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# All yesses for these dresses

When Kate Middleton walks down the aisle later this month to marry Prince William, the would-be brides watching out there will almost certainly home in on her dress. Some wedding dresses leave a legacy beyond the next-day knockoffs. Here are some famous brides who set fashion trends. **THE ASSOCIATED PRESS**



**Diana, Princess of Wales**

A princess couldn't wear the prairie, bohemian bridal looks that closed out the '70s, and Diana's 1981 gown by Elizabeth Emanuel helped usher in an era of opulence and formality. The shoulders were exaggerated, the skirt full and the sleeves puffy. The train was 7.6 metres long.



**Ivanka Trump**

Her 2009 wedding wasn't a global news event, but her lace gown by Vera Wang became a sensation because it showed a fresh, feminine way to wear sleeves — which had largely fallen out of favour. Trump's dress, with its illusion lace neckline, was inspired by Grace Kelly's, although this had a cleaner, more contemporary silhouette.



**Carolyn Bessette Kennedy**

The extravagance of the mid-'80s largely went out with the stock-market crash in 1987, and wedding gowns started becoming simpler and chicer. Bessette Kennedy's bias-cut Narciso Rodriguez gown in 1996 became the quintessential wedding dress of the era, says Martini Bratten. "It was sexy, unadorned but beautifully cut. It was modern — and it came about just when the destination wedding was picking up steam — which it was perfect for," she says.

**Bianca Jagger**  
Neither a princess, presidential relative nor movie star, Jagger created a sensation as a fashion rebel when she married Mick Jagger in a Savile Row-made pantsuit in 1971. She represented a cool jet-setter, not a princess bride.



AP PHOTO/FILE

**Grace Kelly**  
Kelly's gown, made by costumer Helen Rose and the wardrobe department of MGM, was "truly designed by Hollywood," says Martini Bratten. There was a high neckline, a cinched waist and a big ballskirt — all befitting a new royal. But the collar, sleeves and overlay were lace, so there was still a glimpse at the more revealing sweetheart bodice.



AP PHOTO/FILE

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# Springtime window treatments

► Here comes the sun: Decorating expert Karl Lohnes offers tips on dressing up your windows

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It's easy to see why so many people leave their windows barely covered.

Considerations like function, style, colour and cost get most people nervous, allowing a bed sheet to do the job for them. Unless you live in the country, most of us need window treatments not only for privacy, but to keep the sun out and to dress the windows on the inside.

There are three main stay choices for window trends this spring: draperies, shades and sheers. Here's a quick briefing of what they're all about and where to use them.

For the past decade we've seen draperies go by the wayside to blinds but the pinch-pleated, fully lined couture-looking drapes are making a return. They are usually installed as inoperable side panels and dress up the room with fabric and colour.

Lush fabrics are what's hottest right now — shiny silks in bright colours and linen in neutral tones are



► Window treatments serve many purposes, such as keeping the sun out and providing privacy. But perhaps most importantly, they dress the windows on the inside and can give your living space an elegant, pleasing look.

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most popular.

Drapes should be hung  $\frac{1}{2}$  above the window for low ceilings and  $\frac{3}{4}$  above the window in a room with higher ceilings.

Never should the drapery rod be hung just at the top of the window or all the way up at the ceiling.

Drapery should not touch the floor ( $\frac{1}{2}$  inch off the floor is perfect) which will give them a cleaner,

tailored look. They need to have another fabric lining behind for fullness, body and sun protection.

Wondering what colour of drapery fabric to choose? Match it to your wall colour. A shade lighter or darker will work best, for as long as your paint colour is working in the room, then so will the drapes.

Whether it be shutters, mini blinds or sheer

shades, the simple, clean look of blinds has prevailed in window fashions for quite a long time. I believe that every window needs some sort of a blind system to filter the light and offer privacy.

What's fashion-forward for spring are matchstick-style roman blinds in neutral sand and driftwood tones for a rustic look, or roll-up woven sheer-weave blinds that create a

smooth, slightly see-through effect.

Motorized blinds are all the rage in spaces with tall ceilings. One touch of remote (yes, another remote in our lives) and the blinds can be brought up or down.

For longevity, blinds should be similar colour/tone as the window trims. If you have white window frames then your blind should be white. For

wooden trims, a neutral linen or pale brown tinged blind will work best.

We all think of sheers as something our grandmother had in the '50s and '60s: shiny, see-through fabric bunched up to the living room window.

Sheers have made a return — they offer privacy and light control when closed and the softness of draperies that blinds cannot give. They are also great looking when stretched wall to wall in a room.

They'll give big impact and help to hide various uneven windows and balcony doors. Look for natural materials for blinds like gauzy linens and cottons (no shine please!).

Good sheers will be custom made to sit  $\frac{1}{2}$  inch off the floor and will be weighted at the bottom so they hang straight down for a tailored appearance.

The easiest way to hang them is with a hospital track style rod which sits tight to the ceiling and is barely noticeable. A great option to sheers is the Luminette Privacy Sheers from Hunter Douglas ([hunterdouglas.ca](http://hunterdouglas.ca)).

They have the ease of a vertical blind and the clean-lined look of modern sheers. Sheer-type window treatments tend to look best in fresh, crisp white or in a fabric choice, which is the same colour as the walls.

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# Painting wood panelling

► This eyesore can be easily done away with

## DIY IDEAS

A trend of the 1960s, wood panelling is found in many old houses.

It commands the room's attention and is often considered an eyesore for homeowners who prefer bright, crisp walls. Luckily, painting over the wood panelling is incredibly easy and cost-effective.

DIY Network Canada's *House Crashers* (airing Wednesdays at 9 p.m. ET/PT and 9:30 p.m. ET/PT) offers a step-by-step guide to bringing a room into the 21st century.

### Prep the space

Before priming and painting, lay down a drop cloth

or layers of newspaper to protect the floor. Also, apply painter's tape to the ceiling and baseboards to facilitate a clean line finish.

### Prep the wood

To get the panels ready for their makeover, fill nail holes and other imperfections with caulk. When the caulk dries, sand it down and run a moist cloth over the entire wall to wash away any dust and debris. Unless the panelling is splintered or extra glossy, there is no need to sand the entire wall.

### Prime time

Picking a primer is an important step when painting wood panelling. An oil-based primer is recommended over a water-based one, because oil-based formulas are more durable.

This means no grease or wood stains will come through and ruin the final finish. Using a paint roller, apply a thin and even coat of primer over all the wood panelling. Use a paint brush to cover any cracks and corners that the roller didn't reach to ensure that the entire surface is covered.

### Get painting

Once the primer dries, use a high-quality paint roller to apply one thin and even coat of latex paint. Again, use a paint brush to get to any spots the roller missed. Allow the paint to dry completely and then apply a second coat for better coverage and a richer colour.

DIY NETWORK CANADA'S *HOUSE CRASHERS* AIRS ON WEDNESDAYS AT 9 P.M. ET/PT AND 9:30 P.M. ET/PT



► When painting wood panelling, be sure to use a high-quality paint roller.

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# Fit for a living room,

## ► There is sunroom and porch decorating that can survive the coming seasons

It's been a long, hard winter in much of the country.

Towering snowdrifts, icy roads, freak hailstorms.

For many of us, spring can't come fast enough, and with it the chance to enjoy our porches, patios and sunrooms.

Options abound for making these indoor/outdoor spaces look stylish.

But can we have all that gorgeous style while using durable, easy-to-care-for items that will stay looking good all season?

The experts say yes — if you choose carefully.

"When it comes to materials, now more than ever the gap has been bridged between indoor and outdoor. There are a ton of pieces that look fit for your actual living room, but they're meant to be outdoors," says designer and

### Lighting

In the evening, you can raise the style quotient of your porch by using warm, flattering light. "Hanging lighting is a very interesting way to dress up your porch," says interior designer Betsy Burnham, "and there are certain kinds of fixtures that you can use safely outside."

decor demon.com founder Brian Patrick Flynn.

"A lot of people are beginning to find that perfect outdoor sofa and bring it into their sunroom."

Here, Flynn and two other experts — Los Angeles-based interior designer Betsy Burnham and decorator and design blogger Nick Olsen — offer advice on creating beautiful sunrooms

and porches that you can enjoy effortlessly.

### THE RIGHT FABRICS

Outdoor fabrics have come a long way since the plastic-coated 1970s. These designers all praise Sunbrella and other high-end outdoor fabric companies for their wide selection of colours, styles and textures.

"But," warns Olsen, "really good outdoor fabrics don't come cheap." He recommends buying a basic indoor sofa at a reasonable price from a retailer, then recovering just the seat cushions and a few throw pillows in a pricey outdoor fabric.

### THE STURDIEST ACCESSORIES

Like outdoor fabrics, plastic dinnerware has come a long way in recent years.

Burnham has found chic Suzani-print plates that are "fabulous. You'd never imagine they were plastic."

For durable seating, Burnham says L.L. Bean's basic rocking chairs have a classic style and are built to last. **THE ASSOCIATED PRESS**

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# Steps to energy efficiency

## ► Advice on how to break your energy consumptive habits at home so you can save money

Canadians everywhere are concerned about the rising cost of energy. Though many are looking to cut this expense, they are also concerned about the effect making these changes will have on their lifestyle.

Kathy Buckworth, mother of four and award winning writer, says saving energy and reducing energy costs doesn't have to be cumbersome — it can be as easy as making a few simple changes.

**Replace old appliances**  
You can reduce refrigerator energy use up to 40 per cent by replacing a 1993 or older unit with a new, energy-efficient model. When buying a refrigerator it is important to select the right size for your needs. A model that is too big wastes both money and energy.

**Pick the right products**  
Today, many companies are providing products that help Canadians use less energy to lessen their impact on the environment. When at the grocery store, look for products like those in P&G's Future Friendly line-up that can help you reduce your impact on the environment while still using the products you know and trust.

**Turn off the lights**  
Are you, or someone in your family, guilty of leaving the lights on? This is the easiest habit to fix — simply turn off the lights as you leave a room and you'll ease your energy consumption.

**Replace your old bulbs**  
Incandescent light bulbs are not environmentally friendly, and they consume more energy. Replace any incandescent with fluorescent compact bulbs to see results.

**Get EnergyStar appliances**  
Greener technology is readily available and many of your favourite brands are selling state of the art appliances that help reduce water and energy use. When you're looking for your next upgrade, choose appliances with the EnergyStar rating.

### Wash in cold water

Your biggest savings can be found by simply using cold water for your laundry. Try using detergents specially designed to clean in cold water conditions, like Tide Coldwater.

### Turn it off and save

When you go for a coffee break or leave the office for a short time — consider turning off the monitor. That alone will save 60 per cent of the total energy used by the computer.

### Enjoy the fresh air

Try opening your east and

south facing windows during the day instead of blasting the air conditioning. And for the days where you'll be using your air conditioning, use a programmable thermostat that can automatically adjust the temperature setting for those times you

know you'll be out. By slightly adjusting the temperature, you can experience significant savings.

More information on the simple steps you can take to help save energy can be found online at futurefriendlybrands.ca.

NEWS CANADA

## Gardening on the roof: Your right to grow

Imagine an office where a basket of freshly farmed vegetables is only a flight of stairs away. That's the vision of Mohamed Hage, the founder of what he calls the world's first commercial rooftop greenhouse.

At street level, there's little sign of natural life in this concrete-laden corner of Montreal. But inside, a team of workers tend to what will soon produce an abundance of tomatoes, cucumbers, bok choy and more.

Hage has ambitions to set up multiple rooftop farms around the city like this one, which aims to provide 1,000 families with weekly veggie baskets year-round.

The project offers a solution for city dwellers seeking fresh, pesticide-free veggies with a minimal carbon footprint, he says.

"You can imagine how many people we can feed with the small percentage of the roofs in Montreal," says Hage, 29, who has been working to get the company, called Lufa Farms, off the ground for four years.

"The best advantage that we can bring to the consumer is the fresh produce all year round."

Hage employs controlled-environment agriculture, which allows the operation to yield as much produce as a conventional farm 10 times its size.

It also collects rainwater for its crops and re-circulates water used for irrigation. While some may scoff at paying \$22 a week for a basket of veggies, environmentally conscious foodies who can afford it may be sold on the idea. The limited packaging and minimal transportation make it a green-friendly choice, but the biggest selling point may be the improved taste.

"The primary reason it tastes better is because we're harvesting everything fresh, when it's ripe," says Lauren Rathmell, a McGill University biochemistry grad who oversees the cultivation of seeds on one side of the greenhouse. "We can pick something in the morning and it's on their plate by evening."

CANADIAN PRESS

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# Sweeten your diet with dates

## ► This savoury pasta mixes dates, feta and spinach

### DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



A combination of sweet and savoury makes this Medjool Date-Nut Pasta tasty and adds a different twist to your dinner table.

With fresh spinach and salty feta, the sweet tender dates are the perfect addition to the fettuccine.

Registered dietitian Bridget Davidson says Medjool dates, with their fibre, potassium and magnesium, are an excellent addition to the diet. They are fat- and sodium-free and a

serving of two dates contains 140 calories.

"They are also an excellent source of polyphenols, which can ... help to reduce some risks of some free radicals. Free radicals can cause cancer. So dates ... are one of several fruits and vegetables that can certainly add to that high level of antioxidants which we need," Davidson said.

#### Preparation:

**1** In a large bowl, combine spinach, feta, dates and walnuts; set aside.

**2** In a bowl, whisk together oil and lemon juice. Drizzle over spinach mix and toss to coat evenly.

**3** Garlic Breadcrumbs: In a skillet, heat oil over medium heat and cook

garlic for 30 seconds; remove. Add breadcrumbs and cook, stirring until browned. Set aside.

**4** Meanwhile, in a large pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain and return to the pot. Add the spinach mixture to pasta and toss to combine well. Divide among 6 plates and sprinkle with toasted breadcrumbs.

THE CANADIAN PRESS / BARD VALLEY MEDJOOI DATE GROWERS ASSOCIATION

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT [EMYLIRICHARDSCOOK.CA](http://EMYLIRICHARDSCOOK.CA).



► The dates used in this pasta are full of fibre, potassium and magnesium.

#### Ingredients:

- 10 cups (2.5 L) spinach leaves, coarsely chopped
- 8 oz (250 g) feta cheese
- 1/2 cup (125 mL) pitted
- Salt and black pepper
- 1/2 cup (125 mL) chopped walnuts, toasted
- 1/3 cup (75 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- 1 lb (500 g) fettuccine
- 1 tbsp (15 mL) olive oil
- 1 clove garlic, sliced
- 1 cup (250 mL) fresh breadcrumbs

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# Oilers fail to seal Flames' playoff fate

Calgary's hopes of making playoffs left on last legs despite 6-1 route of Edmonton

Jarome Iginla scored a hat-trick in Calgary's dominating 6-1 victory last night over the Edmonton Oilers, but the Flames were all but officially eliminated from the NHL Western Conference playoff race.

Chicago's 4-3 overtime victory over St. Louis earlier in the evening put the Blackhawks out of reach, leaving Anaheim in a position to oust the Flames from contention with a victory. The Ducks were taking on San Jose last



night in Anaheim.

Rene Bourque, Alex Tanguay and Curtis Glen-

cross also scored for Calgary (41-29-11), while Mikael Backlund had three assists.

Iginla capped off his first three-goal game of the season scoring his 42nd goal at 6:47 of the third period, chipping in a backhand from the side of the net to make it 6-1.

It is the fourth time Iginla has surpassed 40 goals in his career and the first time he's reached that mark since scoring 50 in 2007-08.

THE CANADIAN PRESS

## Around the NHL

Other results from last night.

▶ Ilya Kovalchuk scored his 30th goal and added an assist to lead the New Jersey Devils to a 4-2 victory over the Toronto Maple Leafs.

▶ Jonathan Toews scored on a low shot from the left circle at 3:19 of overtime to give Chicago a 4-3 victory over the St. Louis Blues and move the Blackhawks

within two points of a clinching a playoff spot.

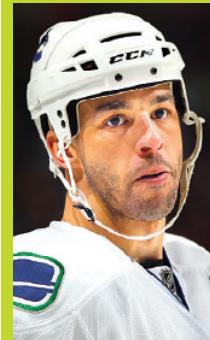
▶ The Washington Capitals' power play is hitting its stride just in time for the playoffs, with Mike Knuble and Jason Chimera both scoring with the man advantage in a 5-2 victory over the Florida Panthers.

▶ The Boston Bruins within two points of the second playoff spot in the Eastern Conference with a 3-2 victory over the New York Islanders.

THE ASSOCIATED PRESS

# 4 sports

Quoted



**"Although there is a lot of recovery and healing to take place, I am very optimistic for a good outcome."**

INJURED VANCOUVER CANUCKS CENTRE MANNY MALHOTRA IN A STATEMENT RELEASED BY THE TEAM YESTERDAY. THE 30-YEAR-OLD HAS UNDERGONE TWO SURGERIES AFTER BEING HIT IN THE LEFT EYE BY A PUCK MARCH 16.

## Bonds' defence calls no witnesses to the stand

Barry Bonds' confident defence team rested its case yesterday without calling a single witness, just minutes after a federal judge accepted the government's request to dismiss one of the

five counts against the home run king.

Prosecutors called 25 witnesses over 2 ½ weeks, but the defence needed just one minute to present its side.

Once indicted on as

many as 15 counts, the all-time home runs leader will face just four charges when the jury starts deliberations.

A decision could come as early as tomorrow.

THE ASSOCIATED PRESS

## Colangelo refutes Knicks rumours

Toronto Raptors general manager Bryan Colangelo scoffed at the idea yesterday that he could be heading to New York when his contract expires June 30. He said his "preference is to complete" the rebuilding plan in Toronto.

A New York Post article suggested he would be the perfect replacement for Knicks president Donnie Walsh. THE CANADIAN PRESS



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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Washington	81	48	22	5	6	224	196	107	25-8-2-6	23-14-3-0	7-2-0-1	W4
dx-Philadelphia	80	46	23	4	7	249	215	103	21-12-5	25-11-2-2	3-4-0-3	L4
y-Boston	80	45	24	5	6	241	191	101	21-13-3	24-11-2-3	6-3-0-1	W1
x-Pittsburgh	80	47	25	5	3	225	194	102	25-14-2-0	22-11-3-3	7-3-0-0	W2
x-Tampa Bay	80	44	25	5	6	237	236	99	24-11-4	20-14-1-0	5-3-1-1	L1
x-Montreal	80	43	30	4	3	210	205	93	24-11-3-3	19-19-1-0	5-5-0-0	W2
Buffalo	80	41	29	9	1	236	222	92	20-16-1-1	21-13-6-0	7-1-2-0	W2
NY Rangers	80	43	32	2	3	228	193	91	19-16-3	24-16-1-0	7-2-0-1	W2
Carolina	80	39	30	6	5	228	232	89	22-13-2	17-17-3-3	7-2-1-0	W1
Toronto	81	37	33	5	6	217	247	85	18-14-3-5	19-19-2-1	6-3-0-1	L2
New Jersey	80	37	38	3	2	169	202	79	21-16-2-1	16-22-0-2	4-5-0-1	W1
Atlanta	79	33	34	5	7	217	258	78	17-15-2	16-19-3-2	4-6-0-0	L2
Ottawa	80	31	39	5	5	188	245	72	15-20-3	16-19-3-2	5-3-0-1	W1
NY Islanders	80	30	38	7	5	222	253	72	17-18-4	13-20-6-1	3-6-1-0	L2
Florida	80	29	39	5	7	192	225	70	15-17-4	14-22-2-2	1-6-0-3	L9

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	80	52	19	4	5	254	183	113	26-9-1-4	26-10-3-1	7-3-0-0	L2
y-San Jose	79	47	23	4	5	240	202	103	24-11-3-2	23-12-2-2	8-1-0-1	W4
y-Detroit	80	46	24	6	4	255	234	102	21-13-2	25-11-2-1	4-4-2-0	L1
Nashville	80	43	26	7	4	215	191	97	23-9-3	20-17-2-1	8-1-0-1	W1
Los Angeles	79	45	28	4	2	214	191	96	24-12-3	21-16-1-2	6-3-1-0	L1
Phoenix	79	42	27	5	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Chicago	80	43	28	4	5	251	219	95	24-16-0	19-12-5-4	5-4-1-0	W1
Anaheim	79	44	30	3	2	228	231	93	24-13-1	20-17-2-1	7-3-0-0	L2
Calgary	81	41	29	4	7	246	234	93	23-13-3	18-16-3-4	4-4-1-1	W3
Dallas	79	40	28	4	7	217	224	91	21-11-3	19-17-2-1	3-4-2-1	W2
St. Louis	81	37	33	5	6	238	234	85	22-13-4	15-20-4-2	5-3-1-1	L1
Minnesota	79	37	34	3	5	198	224	82	18-17-3	19-17-1-2	2-7-1-0	L2
Columbus	80	34	33	5	8	210	249	81	17-18-4	17-15-4-4	2-5-2-1	L4
Colorado	79	29	42	7	1	219	278	66	15-20-4-0	14-22-3-1	3-7-0-0	L2
Edmonton	80	25	44	2	9	189	262	61	13-21-5	12-23-2-3	2-6-0-2	L1

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

## Last night's results

Calgary 6 Edmonton 1	Ottawa 5 Philadelphia 2
New Jersey 4 Toronto 2	Washington 3 Toronto 2 (SO)
Boston 3 N.Y. Islanders 2	Buffalo 4 Tampa Bay 2
Carolina 3 Detroit 0	Dallas 3 Columbus 0
Chicago 4 St. Louis 3 (OT)	Nashville 6 Atlanta 3
Washington 5 Florida 2	Pittsburgh 4 New Jersey 2
San Jose at Anaheim	St. Louis 3 Colorado 1
Phoenix at Los Angeles	Tonight's games
Atlanta at N.Y. Rangers, 7 p.m.	Atlanta at N.Y. Rangers, 7 p.m.
Montreal at Ottawa, 7:30 p.m.	Montreal at Ottawa, 7:30 p.m.
Colorado at Dallas, 8:30 p.m.	Colorado at Dallas, 8:30 p.m.
Minnesota at Vancouver, 10 p.m.	Minnesota at Vancouver, 10 p.m.

## DEVILS 4, MAPLE LEAFS 2

First Period	Second Period	Third Period	Fourth Period
1. New Jersey, Kovalchuk 30 (Josefson, Fayne) 1:47 (pp)	Referees — Don Van Massenhoven, Ian Walsh. Linesmen — Jean Morin, Thor Nelson. Att. — 14,207 (17,625) at Newark, N.J.	Penalty — Crabb Tor (boarding) 11:54.	Flames 6, Oilers 1
2. New Jersey, Tedenby 8 (Kovalchuk, Elias) 14:29	No Scoring.	Missed penalty shot — Tanguay Cal, 18:19.	Flames 6, Oilers 1
3. New Jersey, Tallinder 5 (Mair, Pelley) 15:34	Penalty — Edmonton bench (too many men; served by Omark) 16:16.	Penalty — Edmonton bench (too many men; served by MacArthur) 19:39.	Devils 4, Maple Leafs 2
4. Toronto, Bozak 15, 12:42 (sh)	Second Period	Third Period	Fourth Period
6. New Jersey, Elias 20, 19:50 (en)	Real Scoring.	Calgary, Bourque 27 (Jokinen, Bouwmeester) 3:44 (pp)	Real Scoring.
Penalties — Aulie Tor (cross-checking) 1:47, Josefson NJ (holding) 5:05, Kulemin Tor (interference) 11:02, Phaneuf Tor (elbowing) 12:34.	Real Scoring.	Calgary, Iglnia 40 (Backlund, Babchuk) 13:18.	Real Scoring.
Shots on goal by	Real Scoring.	Calgary, Iglnia 41 (Tanguay, Backlund) 16:24.	Real Scoring.
Toronto 11 6 7 24	Real Scoring.	Calgary, Bourque 27 (Jokinen, Bouwmeester) 3:44 (pp)	Real Scoring.
New Jersey 11 10 12 33	Real Scoring.	Calgary, Tanguay 22 (Backlund, Iglnia) 0:59	Real Scoring.
Goal (shots-saves) — Toronto: Reimer (L,20-5-5)(21-18), Giguere (start third)(11-11); New Jersey: Brodeur (W,23-25-3).	Real Scoring.	Edmonton, Paajarvi 15 (Cogliano) 3:47	Real Scoring.
Power plays (goals-chances) — Toronto: 1-1;	Real Scoring.	Edmonton, Glencross 24 (Nemisz, Babchuk) 6:24	Real Scoring.

Not including last night's games

Power plays (goals-chances) — Toronto: 1-1;

Penalties — MacIntyre Edm, Bourque Cal (roughing) 2:01, MacIntyre Edm (roughing) 6:42, Regehr Cal (cross-checking) 8:25, Giordano Cal (interference) 18:08.

Shots on goal by

Edmonton	3	8	12	23
Toronto	4	1	.800	—
New York	3	2	.600	1
Boston	0	4	.000	3½
Tampa Bay	0	5	.000	4

Goal — Edmonton: Khabibulin (L,10-32-3); Calgary: Kiprusoff (W,37-24-6).

Power plays (goals-chances) — Edmonton: 0-2; Calgary: 2-4.

References — Steve Kozari, Frederick L'Eucy.

Linesmen — Don Henderson, Brad Lazarowich.

Attendance — 19,289 (19,289).

SCORING LEADERS

G	A	PT	
D.Sedin, Vcr	41	59	100
S.Louis, TB	30	65	95
Perry, Ana	47	46	93
H.Sedin, Vcr	19	73	92
S.Sakic, TB	44	45	89
Ovechkin, Wash	31	51	82
Iginla, Cal	39	42	81
Zetterberg, Det	24	56	80
Selanne, Ana	28	48	76
Toews, Chi	31	44	75
C.Giroux, Pha	25	50	75
Kopitar, LA	25	48	73
E.Staal, Car	33	39	72
B.Richards, Dal	26	46	72
Marleau, SJ	37	34	71
Getzlaf, Ana	19	52	71
Vanek, Buf	31	39	70
P.Kane, Chi	27	43	70
Kesler, Vcr	37	32	69
Ryan, Ana	34	34	68
Sharp, Chi	34	34	68
J.Thornton, SJ	20	48	68
Ribeiro, Dal	18	50	68
Eriksson, Dal	25	42	67
Crosby, Pgh	32	34	66
Nash, Clb	32	34	66
Visnovsky, Ana	18	48	66
J.Carter, Pha	36	29	65
M.Richards, Pha	23	42	65
Tanguay, Cal	21	44	65
Pavelski, SJ	19	46	65
Tavares, NYI	28	36	64
Briere, Pha	32	31	63
Duchene, Col	27	36	63
Backstrom, Wash	18	45	63
Kessel, Tor	30	32	62
Heatley, SJ	25	37	62
Clowe, SJ	24	38	62
Havlat, Minn	22	40	62
MacArthur, Tor	21	41	62
Lidstrom, Det	16	46	62
Krejci, Bos	13	49	62
Lucic, Bos	30	31	61
Backes, StL	30	30	60
Elias, NJ	19	40	59
Yandle, Phx	11	48	59
Grabovski, Tor	29	29	58
Skinner, Car	29	29	58
Datsyuk, Det	22	36	58
Kulenim, Tor	30	27	57
P.Bergeron, Bos	22	35	57
P.Stastny, Col	22	35	57
J.Williams, LA	22	35	57
M.Koivu, Minn	17	40	57
Kovalchuk, NJ	29	27	56
Ladd, Atl	27	29	56
Umberger, Clb	25	31	56
Plekanc, Mtl	21	35	56
Ra.Whitney, Phx	16	40	56
D.Brown, LA	28	27	55
Couture, SJ	31	23	54
Franzen, Det	28	26	54
Semin, Wash	28	26	54
Hejduk, Col	21	33	54

Not including last night's games

## MLB

## AMERICAN LEAGUE

## EAST DIVISION

W	L	Pct	GB
Baltimore	4	2 .800	—
Toronto	4	1 .800	—
New York	3	2 .600	1
Boston	0	4 .000	3½
Tampa Bay	0	5 .000	4

## CENTRAL DIVISION

W	L	Pct	GB
Kansas City	4	2 .667	—
Seattle	2	4 .333	4
Oakland	1	4 .200	4½

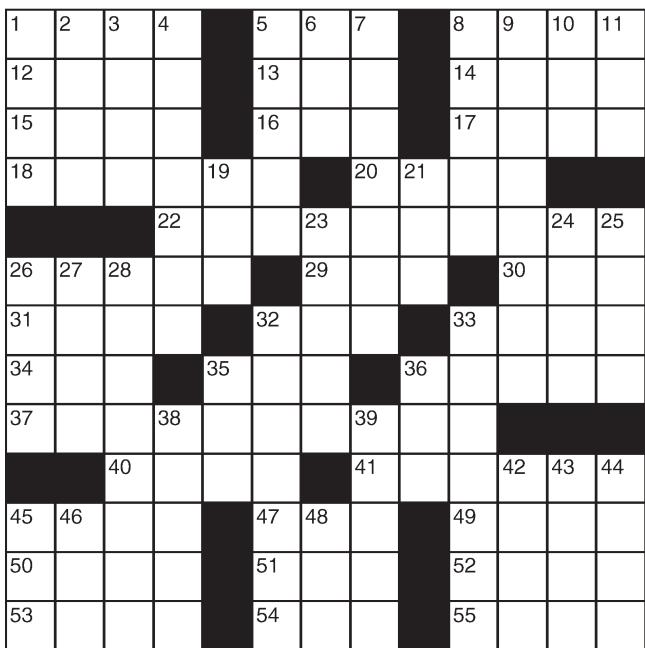
## WEST DIVISION

W	L	Pct	GB
Texas	6	0 1.000	

**Crossword**

**Across**

1 Glaswegian girl  
5 Without delay  
8 Dumbfounds  
12 Touch  
13 — de Cologne  
14 Infamous lyre player  
15 Swerve  
16 Harem room  
17 Rainout cover  
18 Reach  
20 Ocean-going vessel  
22 Scram  
26 Turkic tongue  
29 Mystery author  
Stout  
30 Hoopsters' org.  
31 Evergreens  
32 Blossom-to-be  
33 Londoner or Liver-pudlian  
34 Lennon's lady  
35 "Holy cow!"  
36 19th president  
37 Eagles' assembly?  
40 Recognize  
41 Gave the same old story  
45 Puncturing tools  
47 Early bird?  
49 Concept  
50 Sauce source  
51 Bambi's aunt  
52 Really move  
53 Shetland —  
54 Sister  
55 Sea flier



5 Indiana's state flower    28 Home of Coney Island  
6 Old man    32 Intermediate to  
7 Suppressed completely    33 Christen  
8 Bit of tomfoolery    35 Bygone muscle car  
9 Arms    36 Weeding tool  
10 Blunder    38 Recant  
11 Bribe    39 Spleen or pancreas  
19 Sort    42 Smell  
21 Whammy    43 Ponce de —  
23 “words were never spoken”    44 Knighted woman  
24 Stage statuette    45 Cleopatra's slayer  
25 Butter servings    46 Court  
26 Venusian vessels?    48 Serengeti beast  
27 Galvanizing stuff

**Down**

1 Volcano outflow  
2 Help a hood  
3 Fat  
4 Shoots from a plane

## ► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Today's horoscope**

**Aries** March 21-April 20 Put other people's needs ahead of your own today and be happy to do so. Self-sacrifice is good.

**Taurus** April 21-May 21 You have a talent for getting people to work together. It is a talent that will come in use.

**Gemini** May 22-June 21

Someone wiser will take you under his or her wing.

**Cancer** June 22-July 22 Someone you have clashed with is growing on you. In time, you two may become friends.

**Leo** July 23-Aug. 23 A money matter that has been causing you problems will be resolved.

**Virgo** Aug. 24- Sept. 22 An important relationship may have been a bit strained. With love, it will be easy make up.

**Libra** Sept. 23-Oct. 23 Focus on reality and don't waste your precious time on wishful thinking. Be practical.

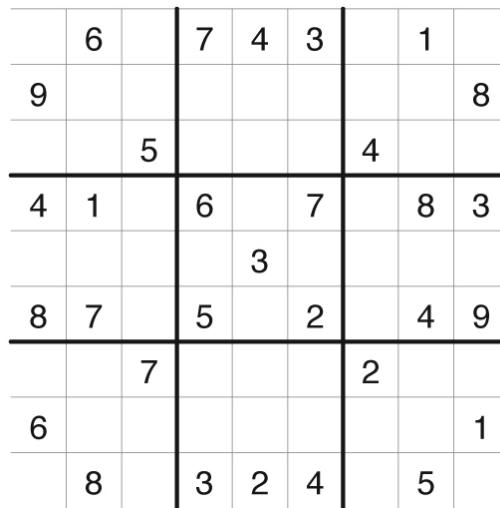
**Scorpio** Oct. 24-Nov. 22 Creatively and romantically, this should be a good day but there's also some doubt.

**Sagittarius** Nov. 23-Dec. 21 Spend time with people you are close to emotionally.

**Capricorn** Dec. 22-Jan. 20 You want to have fun, but duty is holding you back. Something needs to be done first.

**Aquarius** Jan. 21-Feb. 18 You may have big ideas and big plans but how are you going to finance them?

**Pisces** Feb. 19-March 20 Get urgent tasks out of the way first — after that the day is your own. **SALLY BROMPTON**

**Sudoku**Send a **KISS**

Show some love! Send a note to somebody special at kiss@metronews.ca

PJ, You are the most amazing, and gorgeous woman alive! idk what id do without you in my life. i love you more and more each day! so when times get ruff. take my hand, and lets runaway!!! **KROSE**

Binko,  
Im truly sorry for everything that has happened. I love you and you love me so lets work together to be the best we can be.

**LOVE YOU PRECIOUS BINKA**

Donkey,  
Happy 27th Birthday and all the best to you on ur special day <3 I can't wait to spoil u with all the surprises I have planned & make ur day a super sexy time :D  
I love u more with each passing day & can't wait 2 share many more of ur birthdays celebrating together xoxo  
**LOVE, LITTLE DONKEY**

**How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

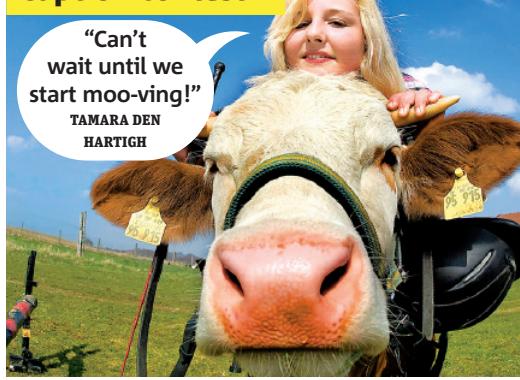
**A look at the weather**

**TODAY**  
Min -6°  
Max 3°

**FRIDAY**  
Min -6°  
Max 6°

**SATURDAY**  
Min -3°  
Max 3°

**Michele McDougall** **Weather Specialist**  
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**

**Caption contest**

KERSTIN JOENSSON / THE ASSOCIATED PRESS



**WIN!** **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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